




December 2016

<p>Florence Senior Activities Center</p> <p>Fosters independence and wellbeing of seniors by offering a wide variety of social, recreation and physical activities.</p> <p>7431 U.S. 42 Florence, KY</p> <p>Phone: (859) 282-4061</p> <p>Fax: (859) 282-4065</p> <p>Hours of Operation Monday Wed- Thurs & Friday 8:30a –3:00p Tuesdays 8:30a- 5:00p</p> <p>Center Manager Christine Miskell CMiskell@myy.org</p> <p>Assistant Mgr. Jeannie Hoffman JHoffman@myy.org</p>	Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Weather Notice: The center will be CLOSED whenever Boone County Schools are CLOSED due to inclement Weather</p>	<p>MARK YOUR CALENDARS!</p> <p>December 15th</p> <p>***SENIOR FUN FAIR***</p> <p>Spread The Word (Help Support Our Center Fundraiser)</p> <p>Shop, Eat, Receive Information, Dance & Have fun</p>	<p>Thank You: Clydette's Boutique, Creations By Carolyn & Dee, Art Class, Osborne Books, Crescent Insurance, Connecting Hearts Home Care, Hospice of the Bluegrass, Barb Riley- Design Jewelry, Home Instead, Brookdale Senior Living, Gentiva, Visiting Angels, Tupperware Trends, Ruwe Pharmacy, Senior Helpers</p>	<p>1</p> <p>9:00 – 4:00 La Comedia Trip</p> <p>9:15 <i>Silver Sneaker Classic</i> 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – <i>Line Dance Instruction</i> 12:00 - <i>Line Dancing</i></p>	<p>2</p> <p>9:00 – Wii Bowling / Mah-Jong 10:00 Zumba Gold 12:00- Amedisys Home Health Care 12:00- B-Day Cake-Thank You Magnolia Springs 12:30 – Bingo</p>
	<p>5</p> <p>9:00 – <i>Silver Sneaker Yoga Stretch</i> 9:00 – Mah-Jong 10:00 – Fitness Room Instruction 10:00- Wii Bowling 10:00 – Euchre 11:45 – <i>Tai – Chi</i> 12:30- Learn to Arm Weave- Chester 1:00- Advanced Fitness (Canceled)</p>	<p>6</p> <p>9:15 – <i>Silver Sneaker Classic</i> 10:30 – Chair Volley Ball 11:00- Advisory Council 11:30 –Cards / Canasta, Wii Bowling 1:00 – Crafts Snow Globe Must Sign-Up 4:00 - <i>Zumba</i></p>	<p>7</p> <p>9:00 – Wii Bowling, Rummy 9:30 – <i>Tai-Chi For Arthritis</i> 10:30- Sign Language Class 12:30 – Bingo 12:30 – <i>Gentle Yoga</i> **Last Day / Medicare Enrollment**</p>	<p>8</p> <p>9:15 – <i>Silver Sneaker Classic</i> 9:30- Hair Cuts (\$5) Sassy Salon 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – <i>Line Dance Instruction</i> 12:00 - <i>Line Dancing</i></p>	<p>9 ***Christmas Party*** (Must Sign Up At The Front Desk) 10:00- Photo with Mr & Mrs. Clause 10:00- Zumba Gold / 11:00 Ruwe Pharmacy 11:00 Music & Singing with Gary Greisser & Evan Dallas- First Church of Christ 11:30- Christmas Lunch- Sponsored By Senior Services Alliance 12:00- Holy Night & Silver Bells by Grace G 12:30 – <i>Door Prizes & Bingo</i></p>
	<p>12</p> <p>9:00 – <i>Silver Sneaker Yoga Stretch</i> 9:00 – Mah-Jong 10:00- Fitness Room Instruction 10:00- Wii Bowling / Euchre 11:45 – <i>Tai – Chi</i> 12:00 – Cards with Deb 1:00 – <i>Advanced Fitness</i></p>	<p>13</p> <p>9:15 – <i>Silver Sneaker Classic</i> 10:30 – Chair Volley Ball 11:00 Canasta, Wii Bowling, Scrabble 1:00 – Crafts- Candy Dish Must Sign-Up 4:00 - <i>Zumba</i></p>	<p>14</p> <p>9:00 – Wii Bowling, Rummy 9:30 – <i>Tai-Chi For Arthritis</i> 10:00 – Massage/New Beginnings 10:30- Sign Language Class 12:00- St Elizabeth Health 12:30 – Bingo / <i>Gentle Yoga</i></p>	<p>15 9:00-1:30 ***Senior Fun Fair***</p> <p>9:15- <i>Silver Sneaker Classic</i> 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – <i>Line Dance Instruction</i> 12:00 - <i>Line Dancing</i> 12:00–Free Cholesterol Clinic</p>	<p>16 *** Cincinnati Assoc. Blind *** (By Appointment Only) 513-221-8558</p> <p>9:00 – Wii Bowling 9:00- Mah-Jong 10:00 Zumba Gold 12:30 - Bingo</p>
	<p>19 *** Commodity Pick-Up***</p> <p>9:00 – <i>Silver Sneaker Yoga Stretch</i> 9:00 – Mah-Jong 10:00- Fitness Room Instruction 10:00 – Euchre 11:45 – <i>Tai - Chi</i> 1:00 – <i>Advanced Fitness</i></p>	<p>20 9:15 –<i>Silver Sneaker Classic</i> 10:30 – Chair Volley Ball 11:00- Canasta, Wii Bowling 1:00 – Art Lessons 4:00 – <i>Zumba</i></p>	<p>21</p> <p>9:00- Wii Bowling, Rummy 9:30 – <i>Tai-Chi For Arthritis</i> 10:30- Sign Language Class 11:00- Mexican Train Dominos 12:00- Nutrition Ed- Extension Office 12:30 – Bingo / <i>Gentle Yoga</i></p>	<p>22 9:15 – <i>Silver Sneaker Classic</i> 10:30 – Chair Volley Ball 11:30- Christmas Pizza Lunch- Donated by: Dominos Dixie HWY 11:00 – Canasta 11:30 – <i>Line Dance Instruction</i> 12:00 - <i>Line Dancing</i></p>	<p>23</p> <p>Closed For Christmas</p> 
	<p>26</p> <p>Closed For Christmas</p> 	<p>27</p> <p>9:15 – <i>Silver Sneaker Classic</i> 10:30 – Chair Volley Ball 11:00– Canasta, Scrabble, Wii Bowl 1:00– Art Lessons 4:00– <i>Zumba</i> (Elizabeth)</p>	<p>28</p> <p>9:00 – Wii Bowling, Rummy 9:30 – <i>Tai-Chi For Arthritis</i> 10:00 – Massage/New Beginnings 10:30- Sign Language Class 12:30 – Bingo / <i>Gentle Yoga</i></p>	<p>29</p> <p>9:15 – <i>Silver Sneaker Classic</i> 10:30 – Chair Volley Ball 11:00 – Canasta 11:30 – <i>Line Dance Instruction</i> 12:00 - <i>Line Dancing</i></p>	<p>30 9:00 – Wii Bowling, Mah-Jong 10:00 Zumba Gold 11:00 Ruwe Pharmacy 12:00- Health South Rehab- Sandy 12:30 – Bingo 1:30- New Year Toast (Sparkling Grape Juice)</p> 